

GROUP CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:45 fit balls  Wood Floor Area Panayiotis	9:00-9:45 floor exercise  Wood Floor Area Giorgos	9:00-9:45 pilates  Wood Floor Area Marianna	9:00-9:45 toning exercise  Wood Floor Area Giorgos	9:00-9:45 pilates  Wood Floor Area Christos
4:15-5:00 circuit training  Wood Floor Area Elisavet		4:15-5:00 hips & abs  Wood Floor Area Elisavet	4:15-5:00 circuit training  Wood Floor Area Elisavet	
5:15-6:00 toning exercise  Wood Floor Area Elisavet	5:15-6:00 pilates  Wood Floor Area Nadina 5:15-6:15 Sprint Interval Training  Rubber Floor Area Christos	5:15-6:00 pilates  Wood Floor Area Dafnie 5:15-6:00 power burn  Rubber Floor Area Elisavet	5:15-6:00 pilates  Wood Floor Area Elisavet	5:15-6:00 hips & abs  Wood Floor Area Elisavet
6:15-7:00 zumba  Wood Floor Area Chr.Andr. 6:15-7:00 trx suspension training  Rubber Floor Area Panayiotis	6:15-7:00 fit balls  Wood Floor Area Panayiotis	6:15-7:00 zumba  Wood Floor Area Dafnie 6:15-7:00 tabata  Rubber Floor Area Panayiotis	6:10-7:10 yoga body wellness  Wood Floor Area Panayiotis 6:15-7:15 pump it hard  Rubber Floor Area Christos	6:15-7:00 zumba  Wood Floor Area Irena 6:15-7:15 functional training  Rubber Floor Area Christos
7:15-8:15 yoga body wellness  Wood Floor Area Panayiotis 7:15-8:15 pump it hard  Rubber Floor Area Christos		7:15-8:15 Sprint Interval Training  Rubber Floor Area Christos	7:15-8:00 step & body bars  Wood Floor Area Froso	

AMBITUS

REFORMER PILATES

08:15	08:15	08:15	08:15	08:15
09:15	09:15		09:15	09:15
10:15		10:15	10:15	
15:30				
16:30		16:30		
17:30	17:30	17:30	17:30	
18:30	18:30	18:30	18:30	18:30
	19:30		19:30	

Rules

- Duration of the class: 45-60 minutes.
- We operate a 15 minute latecomer policy for our classes, anyone who arrives after the 15 minute window will not be admitted into class.
- All classes must be prebooked.
- We recommend to plan and book your classes in advance to secure your slot.
- If you need to cancel your session, please do so at least 12 hours in advance to allow your space to be filled. One session will be deducted for late cancellations.
- Programme will be change without notice

